Good luck comes in can of beer

AS omens go, it doesn’t come much better.

A workman digging the foundations for the redevelopment of the aquatic centre at Southport, the swimming venue for the Gold Coast 2018 Commonwealth Games, came across a small metal object buried under layers of dirt and shale.

Carefully rolling it out, he dusted it off and uncovered... a souvenir can of Brisbane 1982 Commonwealth Games limited edition XXXX beer.

‘After that, how can anything go wrong?’ said Queensland’s Commonwealth Games Minister Jann Stuckey, hours after arriving in Scotland for the official flag handover on behalf of the Gold Coast at this morning’s Glasgow closing ceremony.

Following a short speech by the minister, the Gold Coast showcased ‘this is who we are’ with a team of singers and dancers led by Jessica Mauboy.

Athlete Sally Pearson, surfer Mick Fanning and 10-year-old Gold Coast boy Gabe Pither then went on to say ‘And this is why you should come.’

The Commonwealth Games of 2018 will be the biggest sporting event held on the Gold Coast and the largest in Queensland since the Games were held in Brisbane 32 years ago.

It has often been said that those Games of 1982, along with World Expo six years later, were Brisbane’s coming of age. Organisers hope the same will be said about Gold Coast 2018 in years to come.

‘The reason the city and the state bid for the Games is all about positioning the Gold Coast,’ said Games chief executive Mark Peters. ‘The Gold Coast is a tourist destination but it’s a competitive world out there and the city learned during the global financial crisis that it can’t depend (alone) on tourism and construction.

The plan is that the athletes’ village at Parklands, in proximity to the stadium complex and a new hospital, will spur the establishment of a precinct specialising in hi-tech scientific and educational research.

By MIKE COLMAN

In Glasgow

PUT together a Darwin songbird, a surfer and a kid. Add a gold medal athlete, mix in some dancers, singers and seashells with razzle-dazzle. Bake for 10 minutes and serve up to a few million people.

And the star of it all was undoubtedly Darwin’s very own homegrown star, Jessica Mauboy.

It’s called Gold Coast Sundae and it was the sweets that followed this morning’s main course, the Commonwealth Games closing ceremony at Glasgow’s Hampden Park.

Following the official handover from Glasgow 2014 to Gold Coast 2018, the Coast team was given a narrow window to state its case: This is who we are, this is what we have to offer, and this is what we’re going to deliver.

So they called in the heavyweights. The show was planned, choreographed and directed by David Atkins. The creator of the hit show

Darwin’s own Jessica Mauboy prepares for the closing ceremony this morning with the Gold Coast 2018 team

Strong finish bodes well for 2018 rematch

CHEF de mission Steve Moneghetti believes Australia can reclaim rugby sevens glory in England at the 2018 Commonwealth Games on the Gold Coast after being beaten on the medal tally in Glasgow for the first time in 28 years.

Moneghetti said England had exceeded expectations with their gold medal bounty in Scotland, winning the medal tally for the first time since 1996 in Edinburgh.

The Australian team had to fight back from a mid-Games lull, but Moneghetti believes the strong finish for this year will carry momentum over the next four years as it looks to get back on top of England on home turf in 2018.

‘I think England has performed really well and give credit to them. I think they’ve probably achieved higher and we’ve probably achieved what we expected,’ Moneghetti said.

‘That gives us a challenge and there were some factors in their favour here that will be in our favour when the Games come to the Gold Coast in four years time.’

Moneghetti praised the character of the Australian team, which had stood tall on the medal tally shortly after the swimming competition.

Having back and leg pain is a miserable – even crippling – condition. You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It’s almost impossible for anyone around you to understand how you feel. You can’t remember the last time you even had a restful night’s sleep.

When cusions in your back points, called discs, get injured or wear out, they begin to degenerate and cause pain. Bulging and herniations begin to form, pressing on the nerve roots.

Nothing’s worse than feeling great mentally, but physically feeling held back from life because your back or sciatica hurts and the pain just won’t go away.\n
The most common invasive treatment for disc herniations is surgery. Even with private health insurance the patient is left with large out of pocket expenses.

In addition, the recovery time and missed work can be anywhere from 3 to 6 months, not to mention the obvious severe risks associated with all surgeries.\n
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You should seriously consider a less invasive approach to solving your back pain and sciatica.\n
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“Manipulation (chiropractic adjustments), with or without exercise, improved symptoms more than medical care did after both 3 and 12 months.” — British Medical Journal

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Sincerely,
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